

WINTER SAFETY TIPS

DO YOU KNOW ... frostbite and “frostnip” can affect everyone? Children are at greater risk because they lose heat from their skin and often ignore cold weather.

DO YOU KNOW ... frostbite resembles hard, white skin that feels numb and burns or itches?

DO YOU KNOW ... “frostnip” is an early form of frostbite and often affects the ears, nose, cheeks, fingers and toes?

YOU can prevent frostbite and “frostnip” by following these suggestions ...

- Do not go outside in very cold weather after a recent bath or shower.
- Wear warm clothing and dress in layers.
- Layer 1 – wear clothes that will keep moisture away from the skin. Thermal underwear, moisture-reducing winter sportswear, cotton socks and mitten and glove liners are good items to use. The first layer, like the other layers, should not be so tight that circulation is impeded. Layer 2 – wear loose clothing that is intended to resist dampness and maintain body temperature. Heavy pants, sweaters and sweatshirts are good items for layer two. Layer 3 – wear tightly woven moisture-resistant outerwear. Moisture-resistant coats and jackets, hats, scarves, gloves and mittens and boots are good third layer items.
- Bring children in at regular intervals and inspect fingers and noses for signs of frostnip and frostbite.
- If you are away from home, take extra clothing along.
- Keep dry. Wet clothes increase chance of heat loss.

